

39. The ready-to-eat food of claim 37 having a lower taste value that is greater than 7.09 and an upper taste value less than 46.96; and wherein said amino acid source provides at least 19% but less than 50% of the total caloric value of said food; and said carbohydrate provides from about 2.5 grams to about 5.0 grams of dietary fiber.

40. The ready-to-eat food of claim 39 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, spread, potato crisp, or brownie.

41. The ready-to-eat food of claim 37 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25° C., insoluble fiber having a particle size of less than 150 microns and a water absorption less than 7.0 grams per gram of fiber, and mixtures thereof.

42. The ready-to-eat food of claim 37 having an amino acid score from 0.60 to 1.00.

43. The ready-to-eat food of claim 37 wherein said fat comprises saturated fat and said saturated fat comprises less than 18% of the total caloric value of said food.

44. The ready-to-eat food of claim 43 wherein said saturated fat comprises less than 10% of the total caloric value of said food.

45. The ready-to-eat food of claim 37 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.

46. The ready-to-eat food of claim 37 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.

47. The ready-to-eat food of claim 37 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid, and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

48. The ready-to-eat food of claim 37 wherein said food is a filled cracker, filled extruded snack, enrobed extruded snack, spread, potato crisp, or brownie.

49. A method for evaluating the taste system of one or more food products comprising:

- a.) selecting panelists who are representative, as a group, of the general population of the region, country, or territory of interest, with respect to at least one demographic variable of interest;
- b.) assigning one or more products, wherein said products comprise one or more reference products and one or more test products, to at least one panelist;
- c.) providing at least one assigned reference product and at least one assigned test product to the panelists who were assigned said assigned reference product and said assigned test product;
- d.) having one or more of the panelists who were provided with a reference product, taste as much of at least one of the reference products the panelist received, as necessary to score the taste system of said tasted reference product; and having one or more of the panelists who were provided with a test product, taste

as much of at least one of the test products the panelist received as necessary to score the taste system of said tasted test product;

e.) having at least one panelist, who scored a reference product, communicate, to a test sponsor or representative, the score for at least one reference product scored by said panelist; and having at least one panelist who scored a test product communicate, to a test sponsor or representative, the score for at least one reference product scored by said panelist;

f.) statistically analyzing the communicated scores as follows:

(i) calculating the sample mean of the communicated reference product scores for at least one reference product;

(ii) calculating the sample mean of the communicated test product scores for at least one test product; and

(iii) for at least one of the test products having a calculated sample mean; calculating a relative taste score, wherein said relative score is defined as the difference between a test product's calculated sample mean and the calculated sample mean of a reference product.

50. The method of claim 49 comprising, where mathematically possible, the step of calculating a confidence interval for at least one calculated relative taste score.

51. The method of claim 49 wherein the panelists cleanse their mouths of any pre-existing flavor prior to tasting an assigned product.

52. The method of claim 49 wherein said assigned products are randomly assigned to said panelists.

53. The method of claim 49 wherein a 0 to 100 point scale is used, by the panelists, to score the products.

54. The method of claim 49 wherein only one reference product is assigned to said panelists.

55. The method of claim 50 comprising the steps of:

a.) randomly separating the panelists into a reference product group and a test product group, said groups containing an equal number of panelists per group; and

b.) providing a single reference product to each panelist in said reference product group and a single test product to each panelist in said test product group.

56. The method of claim 50 comprising the steps of:

a.) providing a single reference product and a single test product to said panelists;

b.) randomly separating the panelists into two groups containing an equal number of panelists per group;

c.) having one group of panelists taste and score the reference product and then taste and score the test product; and having the other group of panelists taste and score the test product and then taste and score the reference product; and

d.) where mathematically possible, calculating a confidence interval for the calculated relative taste score using a linear model for a two period cross-over design.

57. A process of making a filling or spread that contains shortening and other filling ingredients comprising the steps of: